

Acknowledgments

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The official Wado-Ryu Japan site

www.wado-ryu.jp

The Japan Karate Institute homepage

www.japankarate.net

More details on Ohtsuka's life and the expansion of Karate.

Tomari-te

<http://www.msishinryu.com/history/tomari-te/>

Detailed explanation of Tomari's role in karate's development.

My other sources include:

http://en.wikipedia.org/wiki/Karate_kata

<http://en.wikipedia.org/wiki/Karate>

<http://en.wikipedia.org/wiki/Boxing>

http://en.wikipedia.org/wiki/Brazilian_jiu_jitsu

'The man who would be a warrior considers it his most basic intention to keep death always in mind, day and night, from the time he first picks up his chopsticks in celebrating his morning meal on New Year's Day to the evening of the last day of the year. When one constantly keeps death in mind, both loyalty and filial piety are realized, myriad evils and disasters are avoided, one is without illness and mishap, and lives out a long life. In addition, even his character is improved. Such are the many benefits of this act.' - Daidoji Yuzan, Budoshoshinshu: The Warrior's Primer (William Scott Wilson translation)